

Submission ID #: 71132

Scriptwriter Name: Poornima G

Project Page Link: <https://review.jove.com/account/file-uploader?src=21695308>

Title: Lived Experiences of Audible Sound-Based Practices: A Qualitative Phenomenological Study with Implications for Medical Education

Authors and Affiliations:

Kenny S.L Cheah¹, Gopinathan Raman Kutty²

¹Faculty of Education, University Malaya

²Faculty of Education, University College Fairview

Corresponding Authors:

Kenny S.L Cheah kennycheah@um.edu.my

Email Addresses for All Authors:

Kenny S.L Cheah kennycheah@um.edu.my

Gopinathan Raman Kutty gopi@fairview.edu.my

Author Questionnaire

1. We have marked your project as author-provided footage, meaning you film the video yourself and provide JoVE with the footage to edit. JoVE will not send the videographer. Please confirm that this is correct.

✓ Correct

2. Microscopy: Does your protocol require the use of a dissecting or stereomicroscope for performing a complex dissection, microinjection technique, or something similar? **No**

3. Software: Does the part of your protocol being filmed include step-by-step descriptions of software usage? **No**

Current Protocol Length

Number of Steps: 7

Number of Shots: 11

Interviews

NOTE to VO producer: Please generate VO for interviews

Authors: Please note that **the questions will not appear on screen**. Please answer in **stand-alone full sentence with sufficient context**.

INTRODUCTION:

~~**REQUIRED:** Summarize your research focus and the main questions it aims to answer.~~

- 1.1. This study explores how people experience audible sound practices through their bodily, emotional, cognitive, and reflective lived experiences.

~~**Describe the research gap or limitation in existing methods and how this protocol addresses them.**~~

- 1.2. Existing studies emphasize biology; this protocol systematically explores experiences using phenomenological interviews and reflexive thematic analysis.

CONCLUSION:

~~**What does this protocol allow researchers to study or measure?**~~

- 1.3. This protocol enables researchers to explore embodied experiences while distinguishing personal perceptions from scientific evidence and therapeutic claims.

~~**Describe the most important consideration or challenge when performing this protocol.**~~

- 1.4. Researchers should remain reflexive, minimize personal bias, and faithfully represent participants' experiences throughout the analytical process.

~~**How can future studies build on this work? Describe the questions or research directions that can be investigated next.**~~

- 1.5. Future studies should combine qualitative findings with physiological measurements to better understand relationships between subjective experiences and biological responses.

Ethics Title Card

This research has been approved by the University College Fairview Research Ethics Committee

Protocol

NOTE: The authors provided some casual videos, as their protocol involves interviewing people, reading transcripts, and analyzing them. The protocol is in a concise format, as we cannot describe a step-by-step procedure based on the footage, and they did not want to shoot anything further.

2. Participant Recruitment

- 2.1. To begin, recruit participants with experience in audible sound-based practices from diverse backgrounds through online advertisements [1]. Conduct an initial online meeting, explain the study, and screen interested individuals using the inclusion criteria [2]. Obtain consent and document participant recruitment, demographics, and prior experience [3].
 - 2.1.1. LAB MEDIA: 1A.
 - 2.1.2. LAB MEDIA: 3A
 - 2.1.3. LAB MEDIA: 2B

3. Semi-Structured Interview Data Collection

- 3.1. Prepare a semi-structured interview guide to maintain consistency across interviews [1].
 - 3.1.1. LAB MEDIA: 4A and 4B.
- 3.2. Conduct individual semi-structured interviews with each participant **according to participant availability and preference** [1].
 - 3.2.1. LAB MEDIA: 6A and 6B
- 3.3. Record the interviews after obtaining participant consent [1].
 - 3.3.1. LAB MEDIA: 6D
- 3.4. Transcribe each audio recording verbatim after the interview [1]. Generate an initial

transcript using Notebook-LM and manually review the transcript. Record field notes after each interview to document contextual observations and preliminary reflections [2].

3.4.1. LAB MEDIA: 6 C

3.4.2. LAB MEDIA: 6 F

4. Reflexive Thematic Analysis and Trustworthiness Reporting

4.1. Use the finalized interview transcripts and field notes for data analysis using reflexive thematic analysis [2].

4.1.1. LAB MEDIA: 8&9A

4.2. After reading the interview transcripts, code experiences, group codes into categories, and refine them into themes [1].

4.2.1. LAB MEDIA: 14A

4.3. Finally, summarize the strategies used to enhance trustworthiness in a table or checklist format [1].

4.3.1. LAB MEDIA: 15A

Results

5. Results

- 5.1. Participants described audible sound as an embodied and tactile experience characterized by touch, pressure, vibration, internal resonance, and muscle release rather than hearing alone [1].

5.1.1. LAB MEDIA: Table 2. *Video editor: Please highlight the right-most column*

- 5.2. Participants associated audible sound-based practices with emotional calming, reduced anxiety, mental stillness, and heightened self-awareness as regulatory experiences rather than curative interventions [1].

5.2.1. LAB MEDIA: Table 3. *Video editor: Please highlight the right-most column*

- 5.3. Participants distinguished personal benefit from scientific proof, expressed discomfort with exaggerated claims, and preferred scientifically grounded explanations that acknowledged scientific uncertainty [1].

5.3.1. LAB MEDIA: Table 4. *Video editor: Please highlight the right-most column*

1. Audible
Pronunciation link: <https://www.merriam-webster.com/dictionary/audible>
IPA: /'ɔːdəbəl/
Phonetic Spelling: aw·duh·buhl
2. Demographics
Pronunciation link: <https://www.merriam-webster.com/dictionary/demographics>
IPA: /,dɛmə'græfiks/, /,di:mə'græfiks/
Phonetic Spelling: dem·uh·GRAF·iks / dee·muh·GRAF·iks
3. Verbatim
Pronunciation link: <https://www.merriam-webster.com/dictionary/verbatim>
IPA: /və'beɪtəm/, /və'beɪtəm/
Phonetic Spelling: ver·BAY·tuhm
4. Contextual
Pronunciation link: <https://www.merriam-webster.com/dictionary/contextual>
IPA: /kən'tɛkstʃuəl/, /kən'tɛkstʃuəl/
Phonetic Spelling: kon·TEKS·choo·uhl / kuhn·TEKS·choo·uhl
5. Preliminary
Pronunciation link: <https://www.merriam-webster.com/dictionary/preliminary>

- IPA: /prɪˈlɪməˌnəri/
Phonetic Spelling: prih·LIM·uh·nair·ee
6. Reflexive
Pronunciation link: <https://www.merriam-webster.com/dictionary/reflexive>
IPA: /rɪˈfleksɪv/
Phonetic Spelling: rih·FLEK·siv
7. Thematic
Pronunciation link: <https://www.merriam-webster.com/dictionary/thematic>
IPA: /θɪˈmætɪk/
Phonetic Spelling: thih·MAT·ik
8. Tactile
Pronunciation link: <https://www.merriam-webster.com/dictionary/tactile>
IPA: /ˈtæktəl/, /ˈtæktəl/
Phonetic Spelling: TAK·tuhl / TAK·tyle
9. Resonance
Pronunciation link: <https://www.merriam-webster.com/dictionary/resonance>
IPA: /ˈrezənəns/, /ˈreznəns/
Phonetic Spelling: REZ·uh·nuhns / REZ·nuhns
10. Embodied
Pronunciation link: <https://www.merriam-webster.com/dictionary/embodied>
IPA: /ɪmˈbədɪd/
Phonetic Spelling: im·BAA·deed
11. Anxiety
Pronunciation link: <https://www.merriam-webster.com/dictionary/anxiety>
IPA: /æŋˈzaɪəti/
Phonetic Spelling: ang·ZYE·uh·tee
12. Regulatory
Pronunciation link: <https://www.merriam-webster.com/dictionary/regulatory>
IPA: /ˈrɛɡjələˌtɔːri/
Phonetic Spelling: REG·yuh·luh·tor·ee
13. Curative
Pronunciation link: <https://www.merriam-webster.com/dictionary/curative>
IPA: /ˈkjʊərətɪv/, /ˈkjəətɪv/
Phonetic Spelling: KYOOR·uh·tiv / KYUR·uh·tiv
14. Exaggerated
Pronunciation link: <https://www.merriam-webster.com/dictionary/exaggerated>
IPA: /ɪɡˈzædʒəˌreɪtɪd/
Phonetic Spelling: ig·ZAJ·uh·ray·tid